## **CDC: Tips from Former Smokers - Cessation (:60)**

This program is presented by the Centers for Disease Control and Prevention.

[Beatrice] The thought of my sons growing up without me inspired me to quit smoking.

[Wilma] I talked to my doctors and then I threw away all my cigarettes, ashtrays and lighters.

[James] I started exercising instead of smoking.

[Beatrice] Getting support from friends online kept me on track.

[Wilma] Staying away from alcohol when I was first quitting was key.

[Beatrice] Instead of smoking after I ate, I'd get up and take a walk.

[James] I missed having a cigarette in my hand, so I'd hold a pen or a straw - anything.

[Beatrice] Until I knew I wouldn't give into temptation, I spent more time with my friends who didn't smoke.

[Wilma] I went to places that were smoke-free.

[Beatrice] I didn't stay quit the very first time I tried.

[James] I kept on trying and I learned something each time.

[Wilma] Do whatever it takes.

[James] No matter how many times it takes.

[Beatrice] I quit.

[Wilma] I quit.

[James] I quit.

[Beatrice] We did it. So can you.

[Announcer] You can guit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

For the most accurate health information visit <u>www.CDC.gov</u>, or call 1-800-CDC-INFO.